

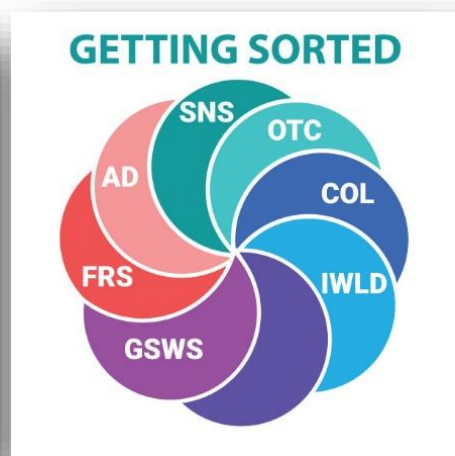
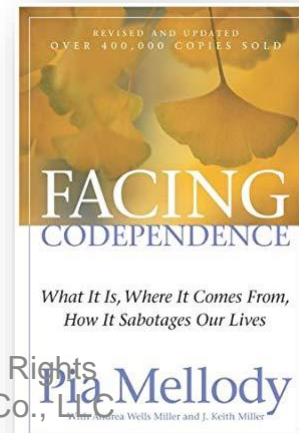


DIGITAL LEARNING CONFERENCE

Stronger Relationships & Better Communication in Life: Be Your Best Self in Digital Relationships

Region 4 DLC 01 11 2022

Gayle Y. Fisher, M.Ed., Ed.Tech.
Gayle.Fisher@usa.net



This workshop explores ways
to improve group dynamics and organizational
culture;
to avoid co-dependency, fear and self-victimization;
to better re-direct for behaviors;
to maximize intrinsic motivation, in-the-flow, and
positive reinforcement;
and to consider multiple intelligences, self-awareness
and honesty in setting personal boundaries.



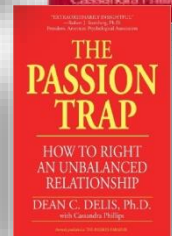
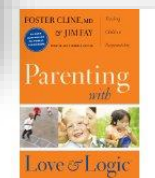
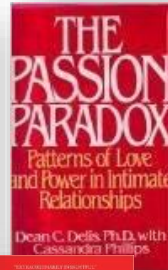
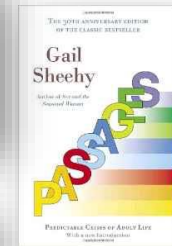
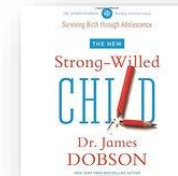
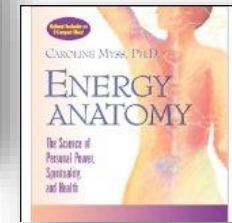
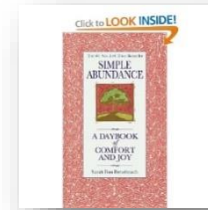
In a Nutshell: 3 Things

1. Your personal boundaries
2. Available wisdom & resources
3. Understand yourself

Forces At Play For Everyone

Within any team, within any family

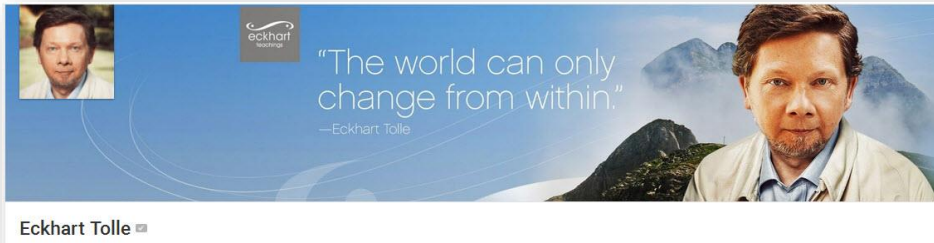
- Personal Boundaries
- Healing & Gratitude
- Sacrifice
- Facing Fears
- Awareness of Co-Dependency
- Self-Victimization
- Co-Parenting
- Family & Caregiver Dynamics



Who
Do You
Like?

Wise Counsel

Eckhart Tolle

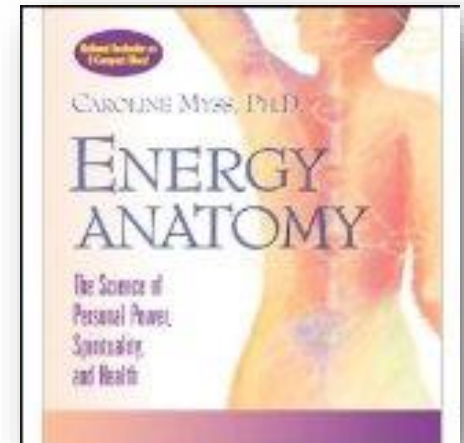
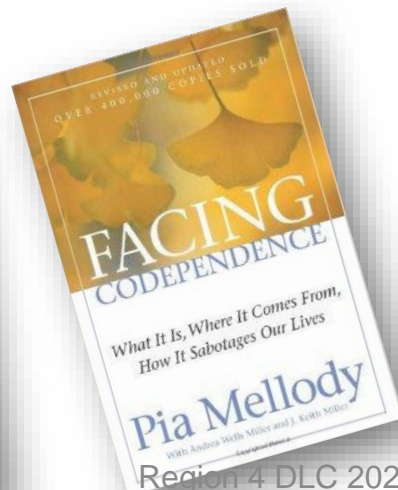
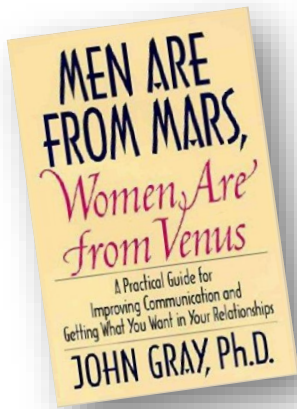


Eckhart on Loneliness and the Need for Relationship

From the video: **The Power of Surrender**



- Energetics of communication
- Male energy
- Female energy



<https://www.myss.com/free-resources/>

And As for Hovering Parents As Time Goes By



“My Baby
Needs Me for
Everything”

“My Baby is
Gaining
Independence”

*“but when did I
disappear?”*



JOY?

As We All Face the Fading of Every Category of Our Prompts

(and the giving up to change)



As our kids “grow up” in unique ways, and “need us” less and less, we got what we asked for: some sense of independence when we aren’t here anymore, right?

And yet

Doesn't Mean We Want to Let Go

*"I Want My
Job Back!"*



*Do I take full responsibility for my boundaries?
Do I honestly own it---whatever "it" is?*

Risk Taking



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v.



This Photo by Unknown Author is licensed under CC BY



https://www.npr.org/sections/ed/2018/07/24/628042168/the-over-parenting-crisis-in-school-and-at-home?utm_source=facebook.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=20180724

npr set station news arts & life music programs shop

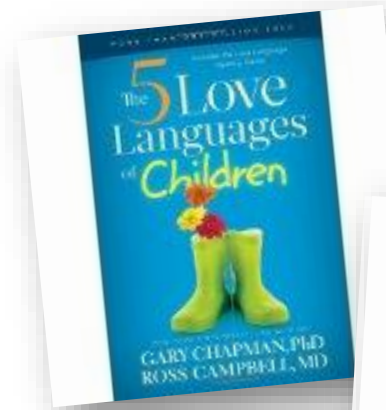
nprEd HOW LEARNING HAPPENS

The 'Overparenting' Crisis In School And At Home

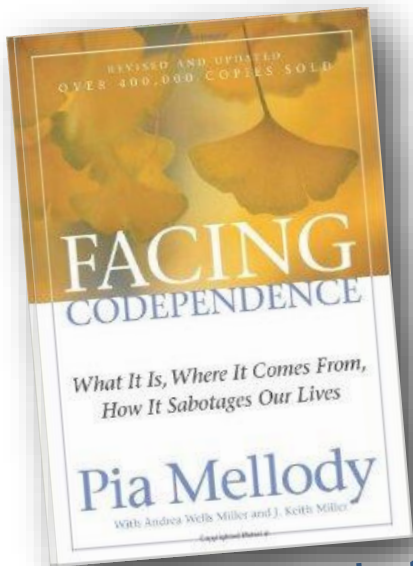
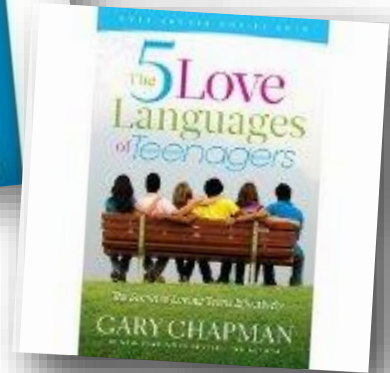
July 24, 2018 - 6:00 AM ET

ANYA KAMENETZ

So Who is Feeling *Left Behind, Unloved, Unwanted ?*

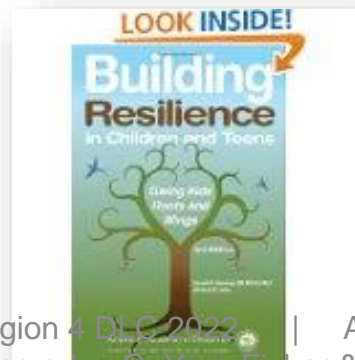


c/w

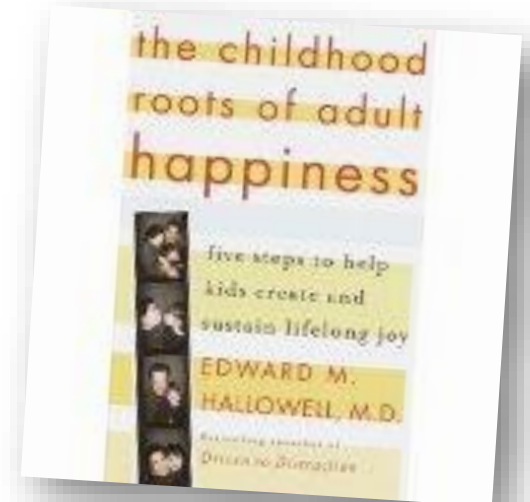


(I was codependent)

A job too-well done?



Finding peace





Motivation

(extrinsic, intrinsic)
(because you make me,
because I want to)



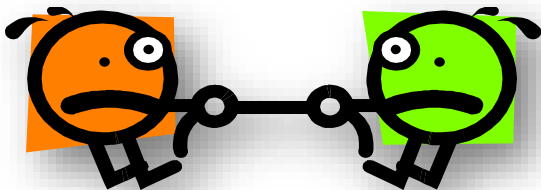
Have I painted myself into a corner?



Mask of Compliance

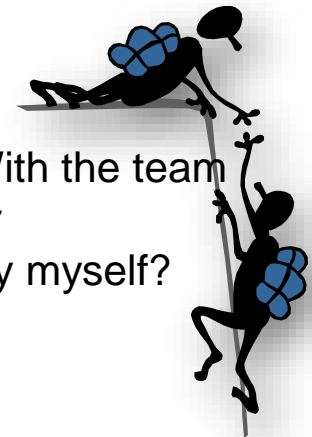
(Is buy-in real or just to
shut us up?)

Power Struggles



Fear

(underlying)



With the team
or
By myself?

The Joy of Being Manipulated by a Child

because

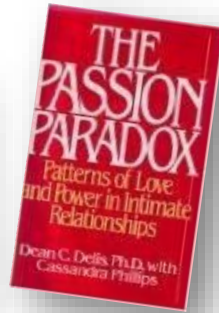
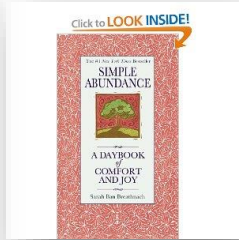
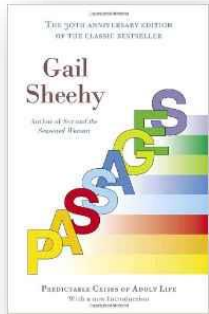
Attempted Manipulation is a Cognitive Function !

Doesn't mean they should get away with it.

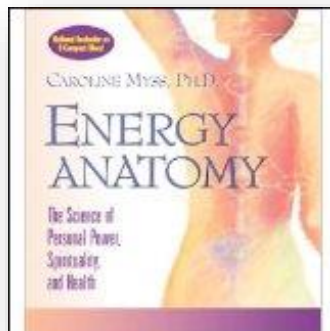
So re-direct it, holding your boundaries.



Only I Can Give Myself Peace (and permission to be in my own flow)



Some tools to find peace, flow and personal boundaries



Caroline Myss



Eckhart Tolle

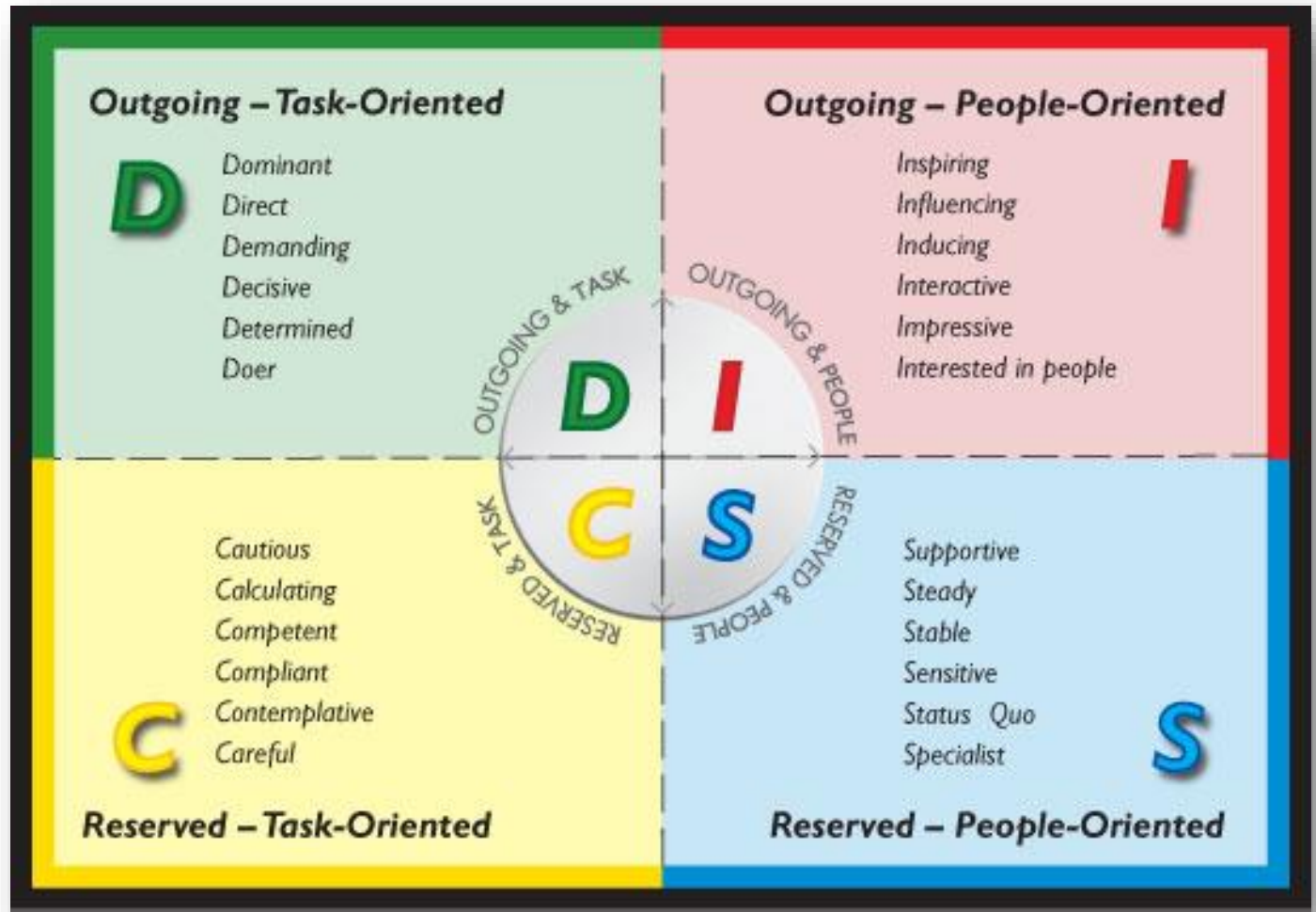


Understanding Personalities

DISC

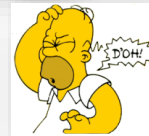
Others

Because change has to be win-win



What is the organizational/family culture?

- Joy?
- Fear?
- Frustration?
- Satisfaction?
- Regret?
- Anxiety?
- Authentic?
- Feelings of victimization vs. empowerment?



What organizational changes of culture do you wish to create?
What is the physical environment? Does it allow for change?
Is there real communication in many forms?
How about a tracking system for accountability?

Help Them Grow Their

Executive Function

“ The set of processes that all have to do with **managing oneself and one's resources** in order to achieve a goal.

It is an umbrella term for the neurologically-based skills involving **mental control and self-regulation.**”

Children have this amazing
@AmyWeatherly
way of becoming exactly who we
tell them they are. If we tell
them they are strong, they
become strong. If we tell them
they are kind, they become
kind. If we tell them they are
capable, they become capable.
Speak life into your kids, so
they will have what it takes to
tackle their own life one day.

“Water the Flowers, Not the Weeds”



“First You Name It, Then You Limit It” (or Put the Boundaries On It)

“Empowerment comes via responsibility.

Maturity in life is ... reflective of an individual's willingness to assume **full responsibility for his or her life.**

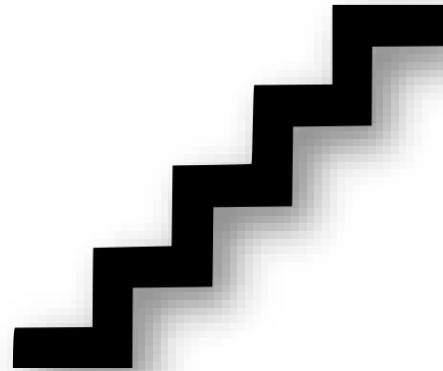
As a person matures, they become more **decisive, consistent and strong** and when they **know** that they've taken full responsibility and are doing their very best, **confidence grows**, and they feel empowered as a result.”

(Kain Ramsay, NLP)

Instant Gratification or Consistent Decisions?



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Consequences to the Child

- Anxiety v. Confidence
- Shame v. Pride
- Guilt v.
- Fear v. Joy
- Hiding v. Risk Taking
- Social Isolation v. Belonging
- Object of Mockery v. Respected
- Anger v. Self-Control
- Physical Loss v. Resilience
- Self Harming v. Poised
- Loss of Happiness v.
- Individual Reaction to Disapproval v. Self Esteem
- Natural *
- Unintended *



* My favorites !



So, a Gentle Reminder

To change a child's behavior,
change **YOUR** behavior

(We are the adultswe are supposed to be in charge)

Offer them the **dignity of risk-taking**,
to let them **feel heard and seen** for who they really are,
the opportunity to **fail** and **to try again**, and
the supports for **resilience** to
help them find their **purpose**.

Social Emotional Learning (SEL)



© CASEL 2017

Behavior

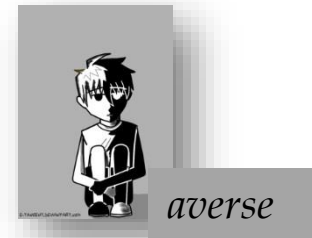
as a Means of Communication

“Look At Me!”



Seeking!

“Don't Look At Me!”

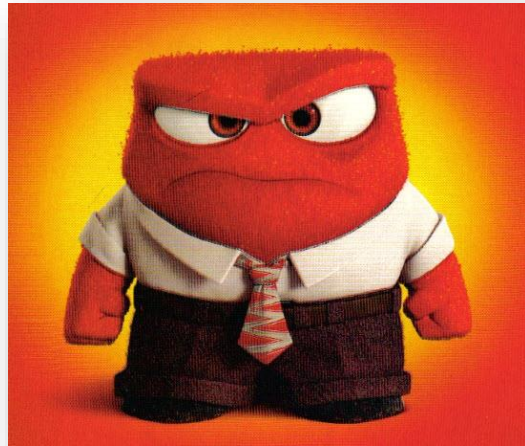


averse

Depending on the motivation, right?

Re-Directs. Positive Behavior (PBIS). Trauma-Informed.

FIGHT



FRIGHT



FREEZE
(Hasn't decided yet)



FLIGHT



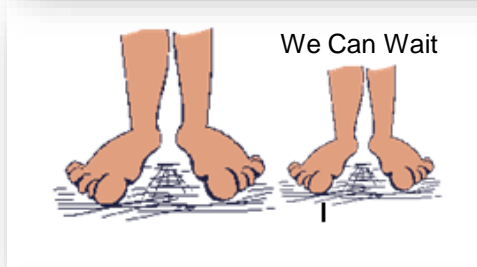
You Know This Old Cliché



Motivation is Key



"You Be the Leader"



Language vs. Communication

Are You Getting Joint Attention?

The intent to communicate is key.

Communication can be:

non-verbal,
body language,
emotions audibly expressed,
facial expressions,
laughter,
grunts,
signing,
and much more.



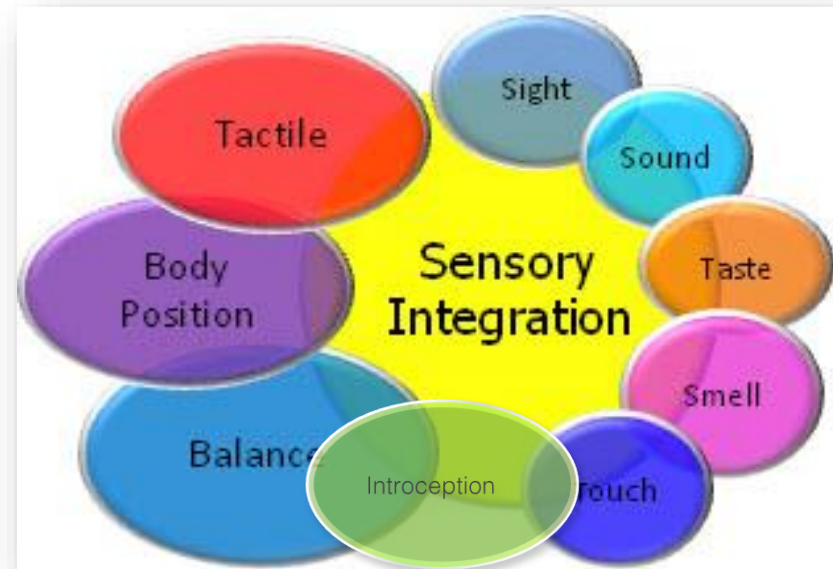
(Am I paying attention? Who is frustrating who?)

How The Brain Transports Messages



Messages from
your totally
unique child's
Central Nervous
System

Sensory Seeking vs.
Sensory Averse/Avoiding



There are 4 more:

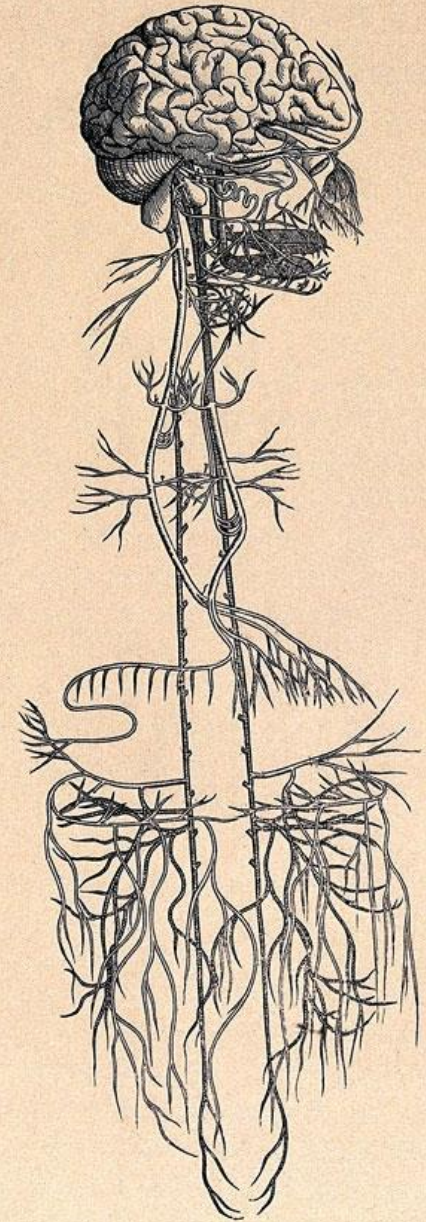
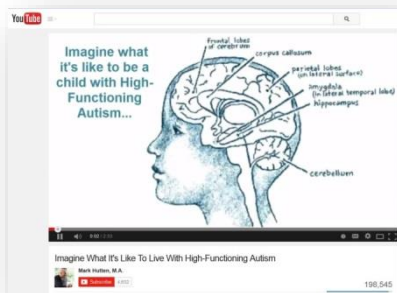
- Vestibular (balance)
- Proprioceptive (body position)
- Tactile (different from touch)
- Introception (*physical feelings in the body, which then tell us what emotions we're feeling*)

Your Vagus Nerve (1)

“Starts in the brain and runs, via numerous branches, to several thoracic and abdominal organs including the heart.

Among its jobs is to send signals telling that organ to slow down during **moments of calm and safety (1)**”

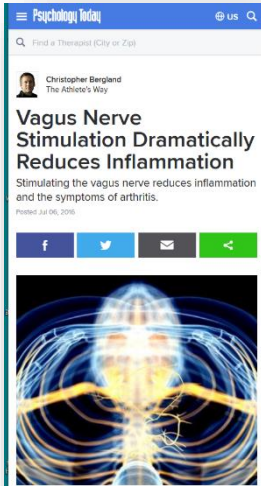
But what if there is no sense of calm or safety?



(1) Photo & Reference: The Economist, 12/8/2012, Science & Technology, p. 80
<http://www.economist.com/news/science-and-technology/21567876-ybc-can-it-helps-think-well-yourself-first-place-think-yourself>

Your Vagus Nerve

[Link](#)



“In 1921, a German physiologist named Otto Loewi discovered that stimulating the vagus nerve caused a reduction in heart rate by triggering the release of a substance he coined *Vagusstoff* (German for "Vagus Substance"). The “vagus substance” was later identified as acetylcholine and became the first neurotransmitter ever identified by scientists.”

[Link](#)

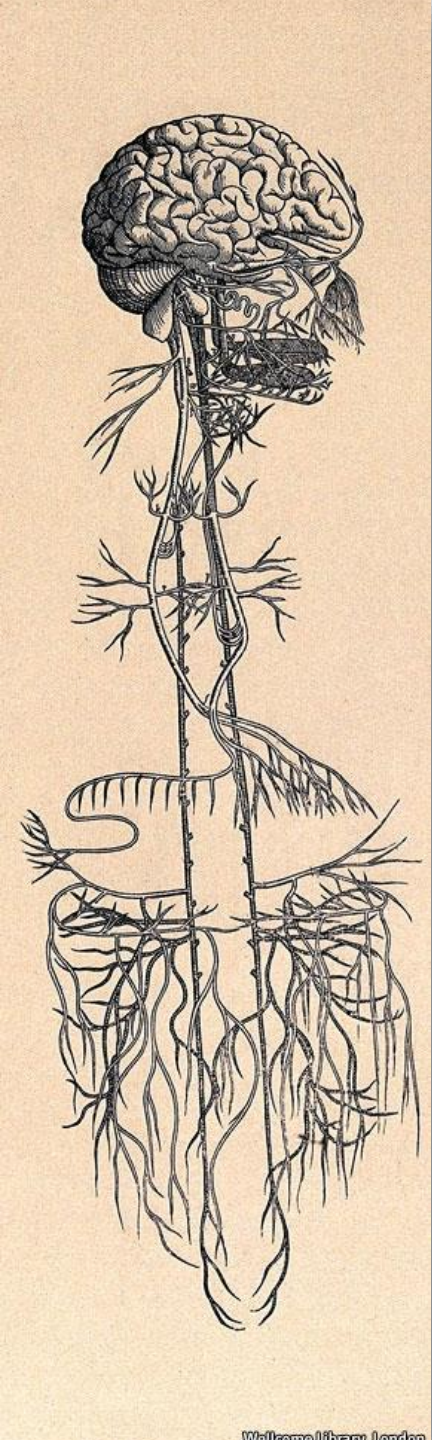


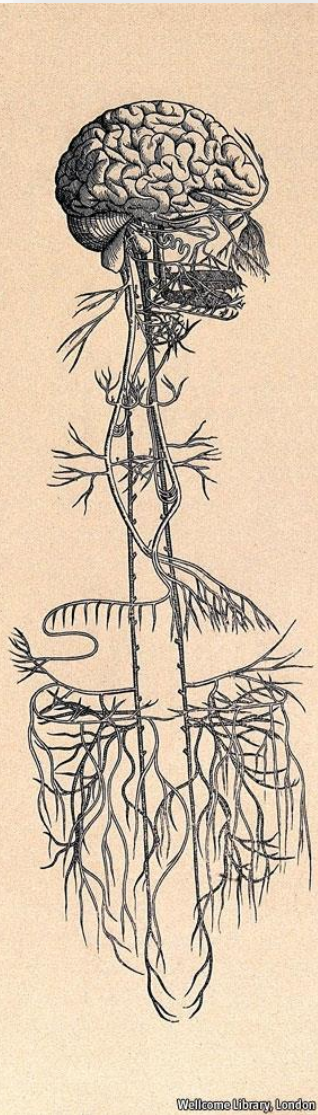
“Breathe”

Stress produces inflammation.

Want more info on inflammation reduction?

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Wellcome Library, London

https://www.npr.org/sections/health-shots/2020/05/27/862963172/how-the-lost-art-of-breathing-can-impact-sleep-and-resilience?utm_source=pocket-newtab

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THE CORONAVIRUS CRISIS

How The 'Lost Art' Of Breathing Can Impact Sleep And Resilience

May 27, 2020 · 1:59 PM ET

Heard on Fresh Air



TERRY GROSS

FRESH AIR



36-Minute Listen

+ PLAYLIST



Breathing slowly and deeply through the nose is associated with a relaxation response, says James Nestor, author of *Breath*. As the diaphragm lowers, you're allowing more air into your lungs and your body switches to a more relaxed state.

Sebastian Laulitzki/ Science Photo Library

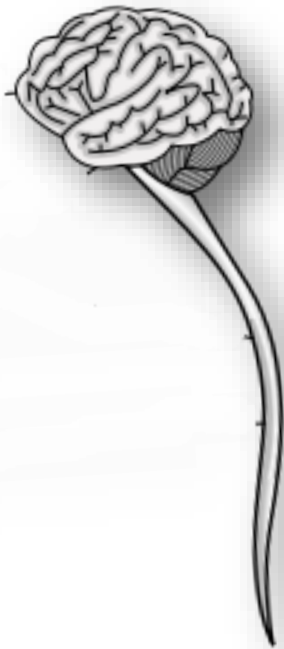
Humans typically take about 25,000 breaths per day — often without a second thought. But the **COVID-19 pandemic** has put a new spotlight on respiratory illnesses

Your Nerves

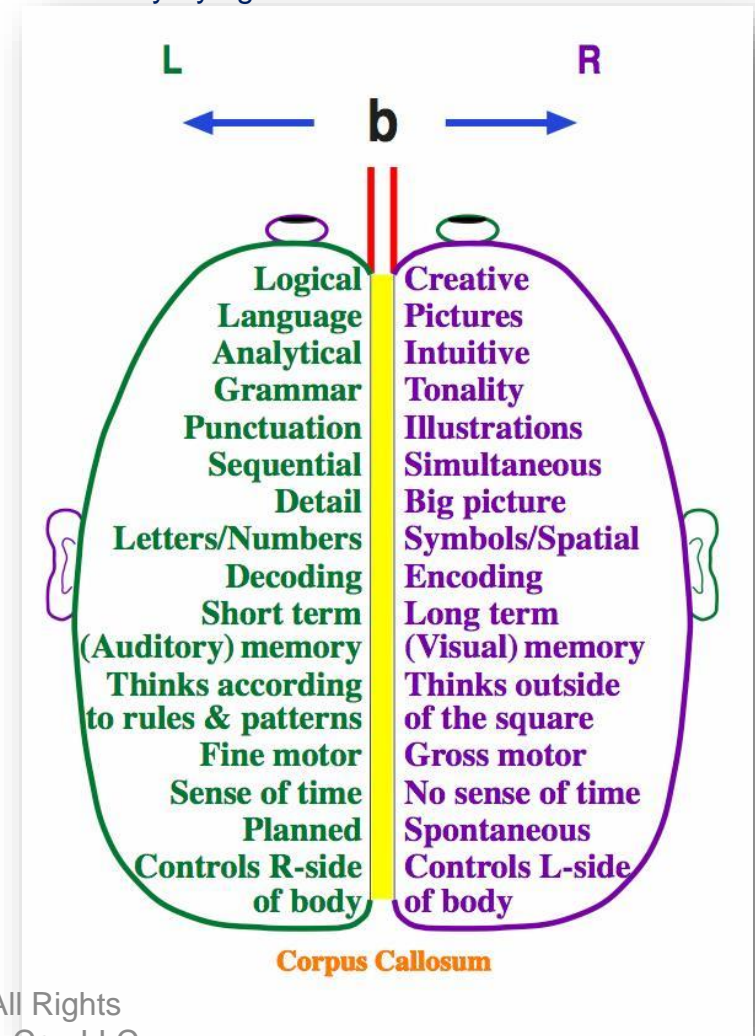
(as in “you are getting on mine.....btw”)

Central Nervous System

(data @ 250 mph)

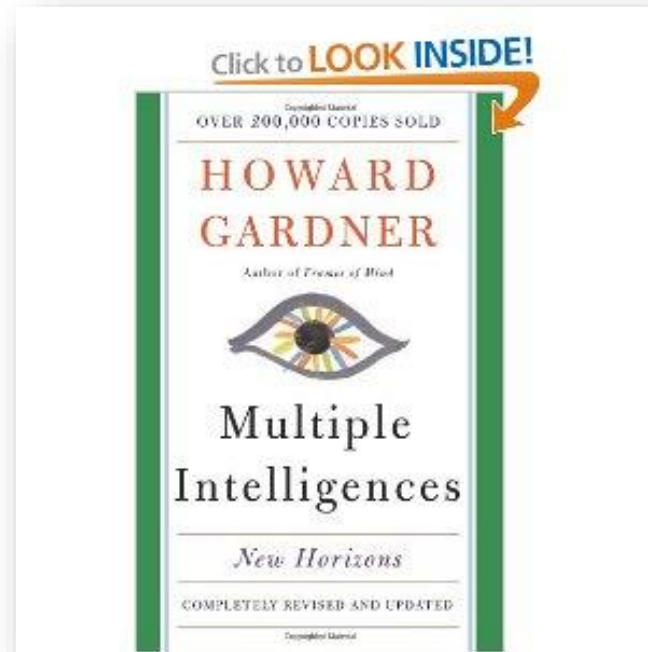


Busy trying to make sense of this traffic:



Do They Think You Think They Are Smart/Good (Enough) ?

1. Verbal/Linguistic (*words, words, words*)
2. Logical/mathematical (*Spock?*)
3. Visual/spatial (*can visualize things*)
4. Musical
5. Interpersonal (*knowing someone*) 
6. Intrapersonal (*knowing yourself*)
7. Bodily/Kinesthetic (*moving*)
8. Naturalistic (*nature, outdoors*)



(1) Gardner, H., (2006), *Multiple Intelligences, New Horizons*, Basic Books
Graphics from PowerPoint clip art library

- Meta-Cognition
- Emotional Self-Regulation

Repeat: Only You Can Give Yourself Peace

(and permission to be in the present,
to own your own flow
within your personal
boundaries) and
to find your own



If you are depressed you are
living in the past. ☹️
If you are anxious you are
living in the future. 🔥
If you are at peace you are
living in the present. (Lao Tzu)

Caretaker Burnout?





Holes in everything exist:
Coping Mechanisms, Life
Expectations, Dreams, Learning,
Joy..... everything

So, let's walk in
those shoes for a
moment



The average high school student
has the same level of anxiety as the
average psychiatric patient would
in 1950s.

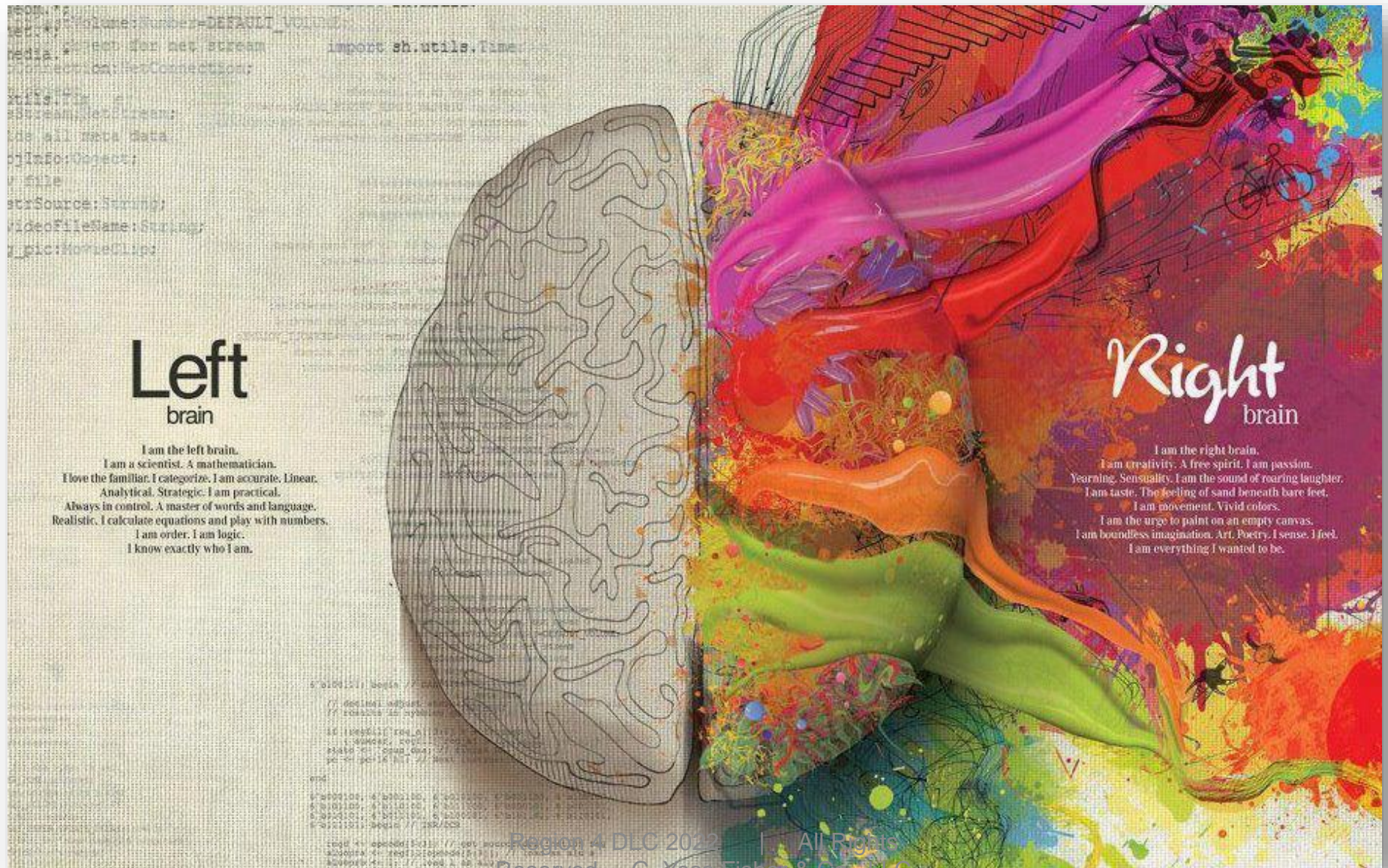


Any questions so far?

And we all are affected by Maslow's Hierarchy of Needs



Do we tolerate neural & persona diversity? Diversity in other forms? Each other's strengths & weaknesses?



Changing Culture

(Do We Laugh Enough?)

(and what if we did this here, in a regular talent show?)



Lip Sync Battle with Paul Rudd

Jimmy and Paul Rudd compete in a lip sync battle, and Paul raises the bar in the second round. Subscribe NOW to The Tonight Show Starring Jimmy Fallon: <http://www.nbc.com/the-tonight-show>

YOUTUBE.COM

<https://www.youtube.com/watch?v=4LvMeYEwWGQ>



Jimmy Fallon, Adele & The Roots Sing "Hello" (w/Classroom Instruments)



The Tonight Show Starring Jimmy Fallon

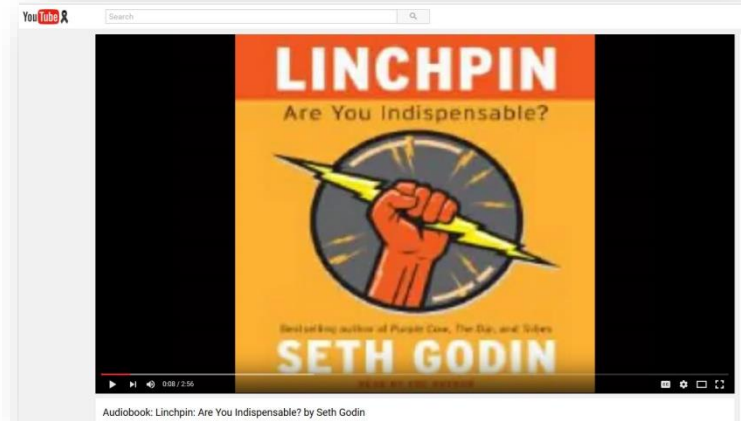
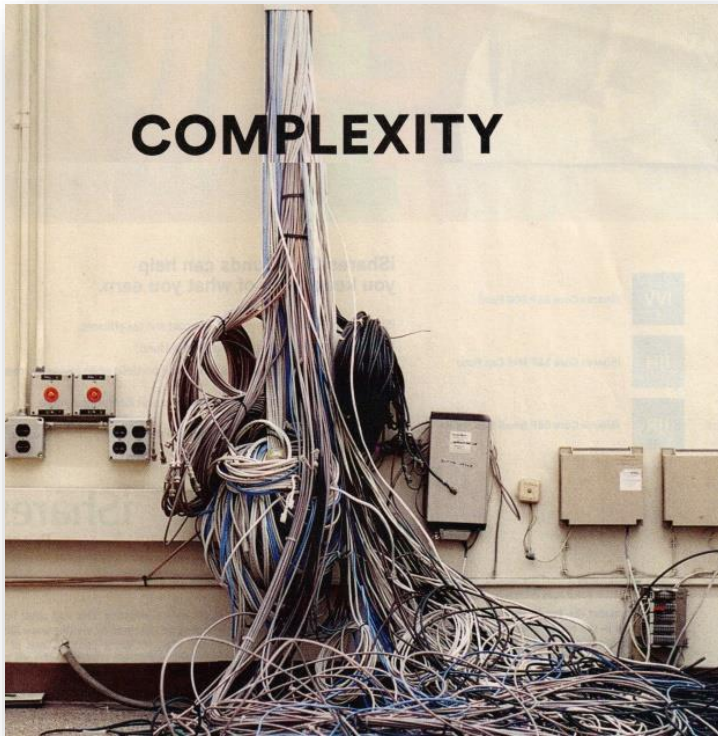
Subscribe 8,907,639

12,702,443

<https://www.youtube.com/watch?v=-yL7VP4-kP4>

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Maybe you could try something like this.

Sadly, some habits have been years in the making



Voice Levels	
4	Outside Voice
3	Teacher Voice
2	Table Talk
1	Whisper Voice
0	NO Talking



"can handle 110 bits per second (bps)...."

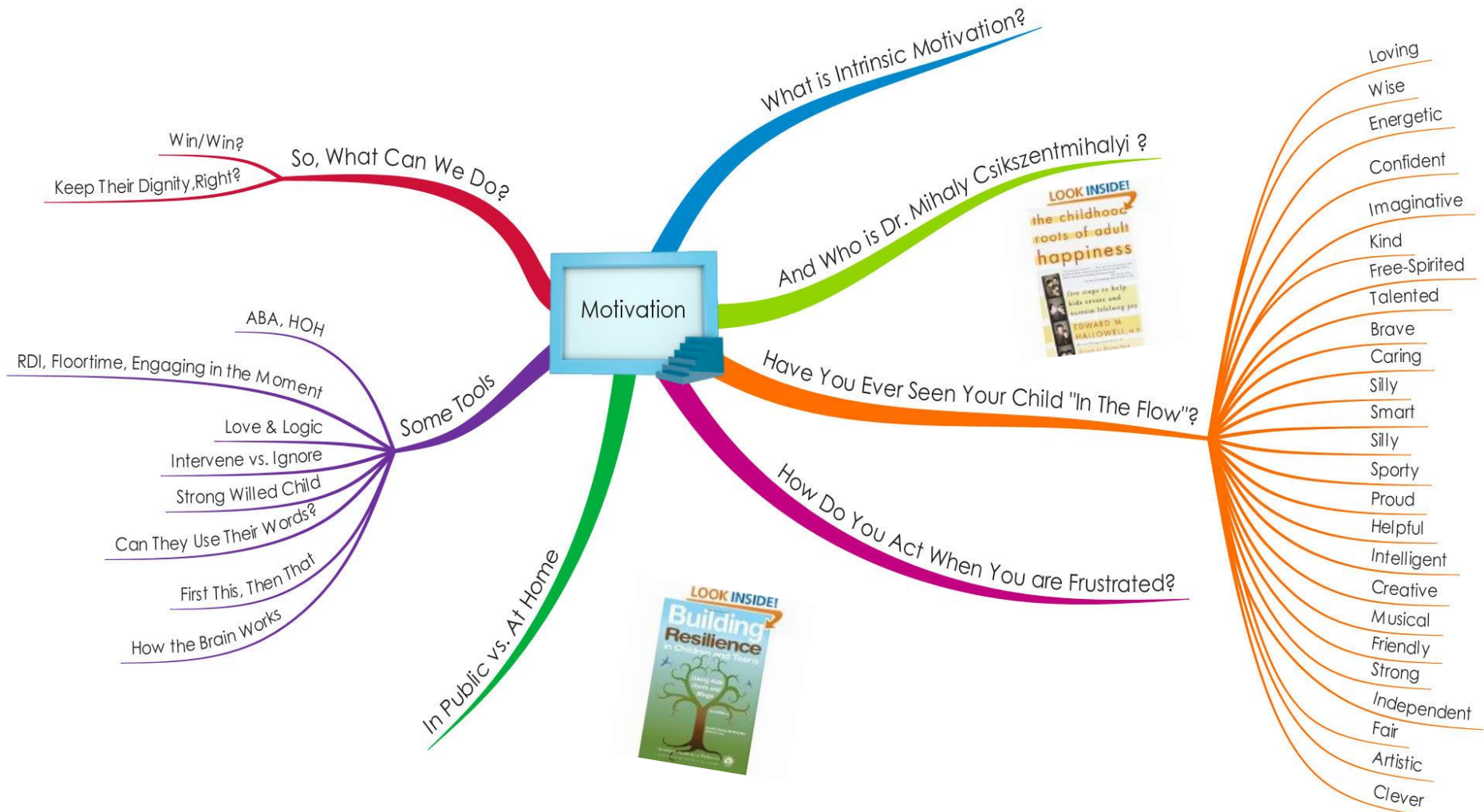


$$110 - 60 = ?$$

So, if I am full of an emotion in my **cycle of grief**, what is left of my thinking/processing capacity?

What Motivates You? Your Children? Their Parents?

and why?





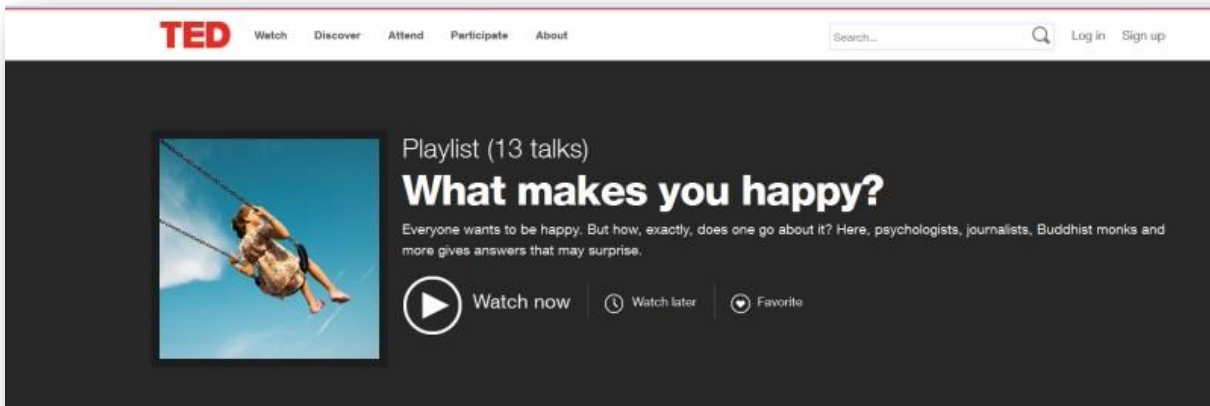
- **What Do You Have Control of?**
(Answer: You, just you)

The change they need to launch

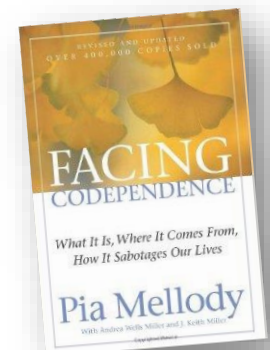
- **The Joy of “In The Flow”**

- **Happiness Research**

- **TED** http://www.ted.com/playlists/4/what_makes_you_happy



13 in this playlist



Positive Behavior

(What if)

the way to change the behaviors of others, triggering intrinsic motivation, is to change OUR behaviors?

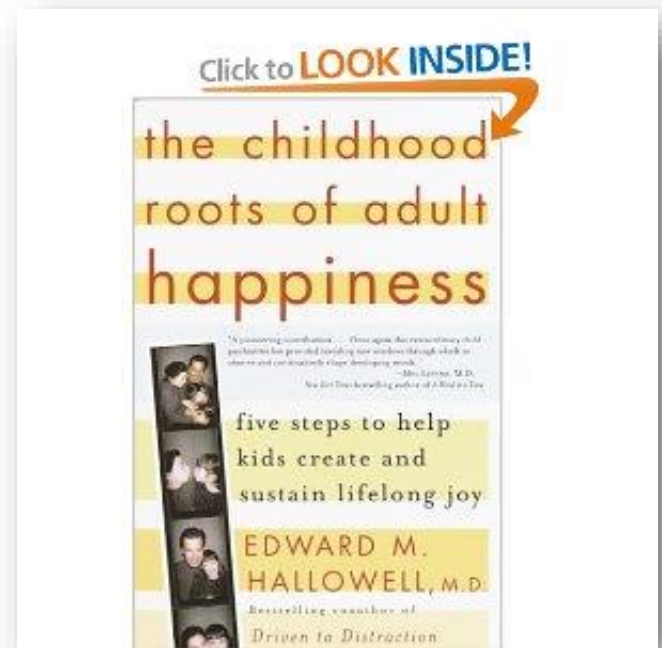
Meta (me) Cognition (thinking) = “I am thinking about my thinking”



(and thus intrinsically motivated)

12 Elements of a connected childhood

1. Responsibility to contribute
2. Ideas & Information (school)



To Introduce Fear/Flow:

“Fear (and no flow) is what keeps them from realizing their potential...” (Hallowell)

(which makes their learning “not the destination, but the **JOY** of the journey...”



(and back to this: **intrinsically motivated by SEL & SDL**)

From Dr. Edward Hallowell,

New York Times national best seller,
former Harvard Medical School instructor,
and current director of the Hallowell Center
for Cognitive and Emotional Health...

Fear is the great disabler. Fear is what keeps children from realizing their potential. It needs to be replaced with a feeling of I-know-I-can-make-progress-if-I-keep-trying-and-boy-do-I-ever-want-to-do-that!

One of the great goals of parents, teachers, and coaches should be to find areas in which a child might experience mastery, then make it possible for the child to feel this potent sensation.

The feeling of mastery transforms a child from a reluctant, fearful learner into a self-motivated player.

The mistake that parents, teachers, and coaches often make is that they demand mastery rather than lead children to it by helping them overcome the fear of failure.

The best parents are great teachers. My definition of a great teacher is a person who can lead another person to mastery.

~Dr. Hallowell

“Fear (and no flow) is what keeps them from realizing their potential....”
(Hallowell)

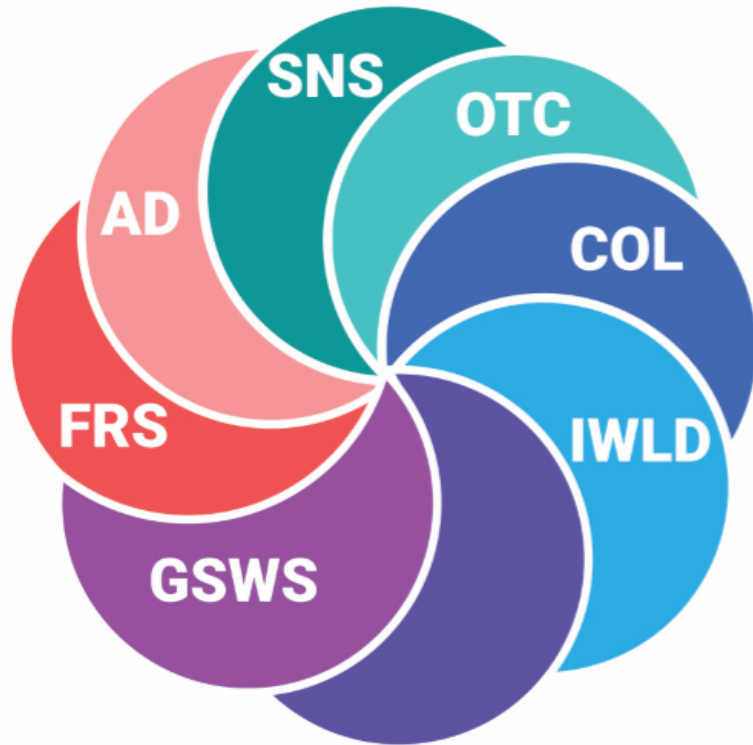
which makes their learning “not the destination, but the **JOY** of the journey...”



Questions ?

- ways to improve group dynamics and organizational culture
- to avoid co-dependency, fear and self-victimization;
- to better re-direct for behaviors
- to maximize intrinsic motivation, in-the-flow, and positive reinforcement
- and to consider multiple intelligences, self-awareness and honesty in setting personal boundaries

GETTING SORTED



**IMPROVING AND CONNECTING THE
WORLD OF LEARNING DIFFERENCES**

**IF LEARNING DIFFERENCES
ARE THE CHALLENGE,
WHICH TOOLS WOULD
HELP YOUR FAMILY?**

COME JOIN OUR TEAMS!

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@GayleFisher
713.594.9750
GettingSorted.com



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